Mediterranean Salad

Ingredients

- 1 large tomato, chopped
- 1/2 cucumber, halved lengthwise and sliced
- 3/4 cup shredded mozzarella cheese
- 1/4 cup olives, pitted and halved
- 3/4 of a 15-ounce can chickpeas, drained
- 1/4 cup Italian salad dressing
- Oregano to taste

Directions

1. In a medium bowl, combine the tomato, cucumber, cheese, olives, and chickpeas.
2. Add the dressing and toss lightly. Sprinkle with oregano.

Makes 4 servings

Nutrition information per serving:
- Calories 201, Fat 8 g, Protein 11 g,
- Carbohydrates 23, Cholesterol 16 mg,
- Sodium 590 mg